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# THE SIMPLEST CURES FOR CONSTIPATION

BY

## EUSTACE MILES

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ADDITION TO BOOKLET ON "CONSTIPATION".

Page 17, Recipe 8.

On line 4 after "salt", add ½-lb of minced figs, or ¼-lb of currants.

On next line after the word "Butter", add the word "Fruit"

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After the word "Fruit", add in brackets 6-oz. of minced figs.

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# The Simplest Cures for Constipation.

This is not intended as a complete treatise on the subject of the Cure of Constipation. It is intended to put people on some of the right lines for self-cure of a permanent kind, so that they may be free, on the one hand, from the poisoning effects of Constipation, and, on the other hand, from the scarcely less disastrous effects of habitual irritants and drugs, which do not get at the root of the trouble.

**Not a complete Treatise.**

There is no need to emphasise the fact that *Constipation works enormous mischief in the body and in the mind.* Among a few of the bad results of it are that it poisons the whole body, and that it depresses the mind and the energies. It is as great a disgrace to have Constipation as to have any part of the body unwashed ; in fact, it is more important to have the inside of the body clean than the outside.

**Bad results of Constipation.**

Constipation is such an evil that we should not rest till we have cured it.

Nor is there any need to prove how prevalent it is. *Probably nine people out of ten in England are more or less constipated.* The millions of pounds that are spent annually on drugs and curative exercises etc., give us no idea of how general the disease is ; for there are hundreds of thousands of people, especially of the servant class, who are quite content to go on being constipated, and not to attempt to remedy the mischief.

**Its Prevalence.**

*In what I write here, it must be understood that little or no account can be taken of Individuality.* I can only offer general advice, which I have found most successful with hundreds of Health Pupils, and with many who have gone through the Physical Courses in my Normal Physical School. To show how this principle of Individuality must always be remembered, I know a family of which one member finds Bananas constipating, while another member finds them aperient!

**Individuality is not taken into account here.**

*The Causes of Constipation are many. Here are a few of them :—*

**Some chief Causes.**

(1). *Weak muscles,* especially those about the abdomen.

(2). *Wrong positions of the body,* and especially the sagging down of the organs : as, for instance, when the stomach presses upon the colon.

(3). *Muscular tension, and the gripping habit.*

(4). *Dryness*—the tract being deficient either in water, or in oily material, or in the special juices which should be poured forth by special glands.

(5). *The want of bulk,* and particularly of fibre or "cellulose," in the food.

On the other hand, there may be excessive bulk, especially when it consists of :

(6). *Clogging materials,* among the worst of which one may quote strong cocoa and chocolate, strong tea, ordinary hard-boiled eggs, many flesh-foods, ordinary rice, white bread, and such astringent fruits as blackberries.

(7). *Deficiency of certain elements,* especially certain natural "salts." I have known cases in which a finely-drained tea made from bran and raisins effected a complete cure, by the "salts" and the liquid, where distilled water had failed to help.

To these Causes we may add :—

(8). Hard water.

(9). Too frequent irritation, not only by drugs,* but also by superabundance of fruits, coarse wholemeal bread, etc.

(10). Worry and other undesirable mental conditions.

(11). Irregularity.

* Even from an advertisement of a Drug we can often learn something useful ! Here is a quotation :—

*These give temporary relief only to increase the trouble afterwards. All sufferers know this, but they do not know the reason. This is the reason. Purgatives do not digest food ; they simply expel it. Nature's way is to extract all the nourishment from the food and then to expel the refuse. The purgatives weaken the bowel, which depends more and more on the artificial assistance.*

A typical case is that of the City man who has had too much dinner the night before, and gets up late. He has no exercise and no exercises, but, instead, relies on an occasional or usual aperient (which eventually makes his bowels "apathetic"). He hurries off to the station without a regular relief of his bowels. His organs are habitually sunk too low. His breakfast—of strong tea, white bread, and egg—has tended to Constipation.

**A Typical Case.**

Before proceeding to the cures which correspond to these causes, *I must warn readers against the use of violent exercises on the one hand, and violent aperients on the other.* The aperients may consist of drugs, or of so-called natural foods. I will give an instance of each.

**Important Warnings.**

First, there is *a so-called syrup of fruit* which people innocently take because they suppose it to be only syrup of fruit; whereas it contains a powerful drug as well. Then there is *coarse wholemeal bread*, which scourges and rakes the delicate walls of the organs, and, after a time, may produce evils worse than the Constipation itself. One much-advertised bread is of this sort; it harasses the poor coatings of the tract, and, though at first it seems to cure the Constipation, eventually it loses even this effect, and leaves the digestive and excretive organs terribly lacerated.

The cures which are most effective will follow logically from the causes.

(1) The necessary muscles must be strengthened. For this there is no need of any apparatus. The gripping apparatus so much advertised is often worse than useless. Here are a few Exercises that I generally find useful in the cure of ordinary cases of Constipation. Some of these exercises help the movements of the intestines, and stimulate the liver, etc. In our Normal Physical School, at Chandos Street, W.C., we have a large selection of Exercises which have effected some very striking cures.

**Cures by strengthening the Muscles by Exercises.**

The Exercises are reprinted from my Magazine, "Healthward Ho!"*

* Price 3d. (post free, 4½d.) Monthly.

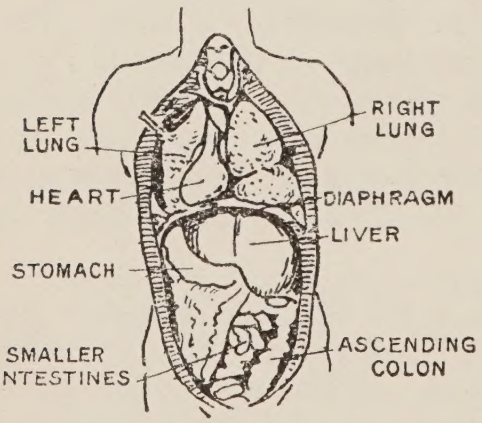
*Although I have had great success in curing Constipation by diet—partly by the avoidance of the foods mentioned on p. 2, and partly by the eating of such plant-foods as fine wholemeal bread, spinach, onion, figs, prunes, apples, etc., and by the drinking of water at the right times—I shall deal first of all with Exercises alone.*

*And it will make these Exercises (of which I shall select only two) far more interesting and clear if I preface them by saying that they have various purposes (of which I shall also select only two).*

*Among other good effects, then, the Exercises may :—*

(i) *Strengthen the muscles, and particularly (I think) the muscles that hold the organs in their right positions and that thus prevent the upper organs from sagging and pressing upon the lower—as they do when we sit all hunched up on a wrongly-shaped (that is to say, an ordinary) chair. They may also*

(ii) *Massage the intestines, and the colon especially, and so help to loosen and move along their contents.*



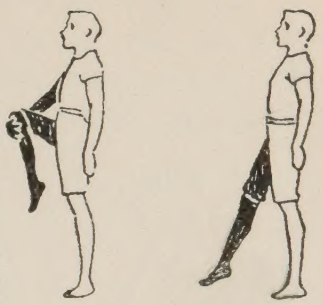

*It will be well to study the positions of the organs, in the accompanying diagram. It will be seen that the lungs may press down upon (the diaphragm and) the stomach and liver, and they, in turn, upon the colon and intestines.*

*It will be seen also that the liver and the colon may be massaged not only from the front (by pressure, etc.), but also from above, by the action of (the diaphragm and) the breathing.*

*Now during the two following Exercises beware of the fallacy of the profoundly ignorant " instructor " who gives you a dumb-bell or exerciser to grip, so that you may " concentrate." It is not on the muscles of the gripping hand and arm that you want to concentrate, but on the muscles about the abdomen, etc., and on the idea of the good which the Exercises are effecting. The hands and arms have nothing to do with the concentration*

*here—they simply distract the attention from the parts to which you ought to send more blood by thinking of them.*

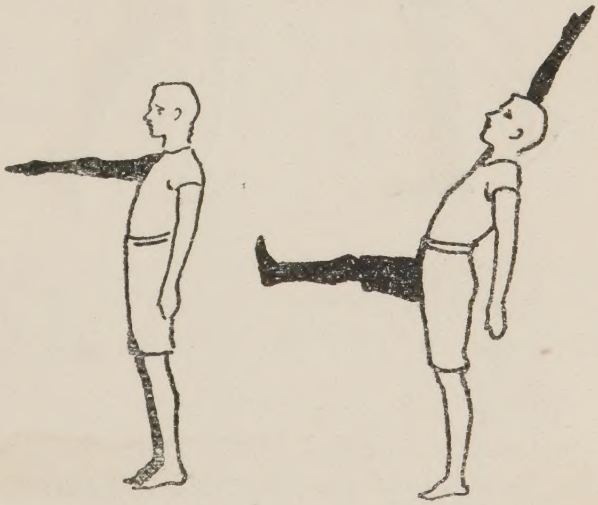
*Keep your chin in and the small of your back hollow, and raise your right knee as high as you can, without strain, pulling it up gently with your right hand.*



*Then stretch your right leg, straight and stiff, out and down in front of you, and keep it there for a few seconds.*

*Then, all the time having your left hand and arm easy and relaxed by your side (unless you use it to balance yourself with), lift up your right hand and arm, straight and stiff, up above your head, and keep it there for a few seconds. Then kick up also with your stiff right leg.*

*Obviously, the second part of the movement will draw up your organs into a better position, and thus prevent the sagging and pressing, while the first part of the movement will massage and squeeze your liver and colon.*

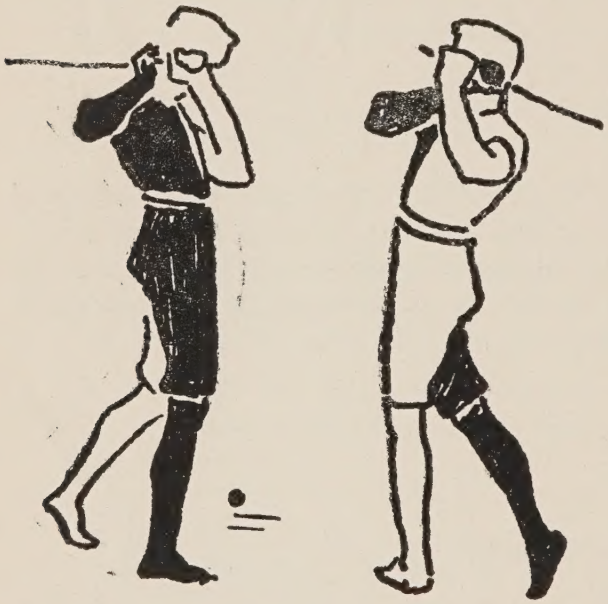


*The next Exercise will also massage and squeeze your liver and colon, and will strengthen some of the important muscles about the abdomen. It is an imitation Golf-swing, but does not actually need any apparatus.*

*I quote it from "A Boy's Control and Self-Expression," from which these diagrams are taken :—*

*"The illustrations explain the beginning and finishing positions. With an Indian club or a stick held, but not tensely gripped, in the two hands, and brought well back behind the*

*right shoulder as far as it will go comfortably, swing down and out to the right, and then along a straight line, still out, and away to the left, thus bringing the weight from the right foot on to the left, and finishing up in the second position. Keep your eye, for as long as you can, on the ball or some mark. Get a good driver to give you hints. Imagine that you are some good driver."*

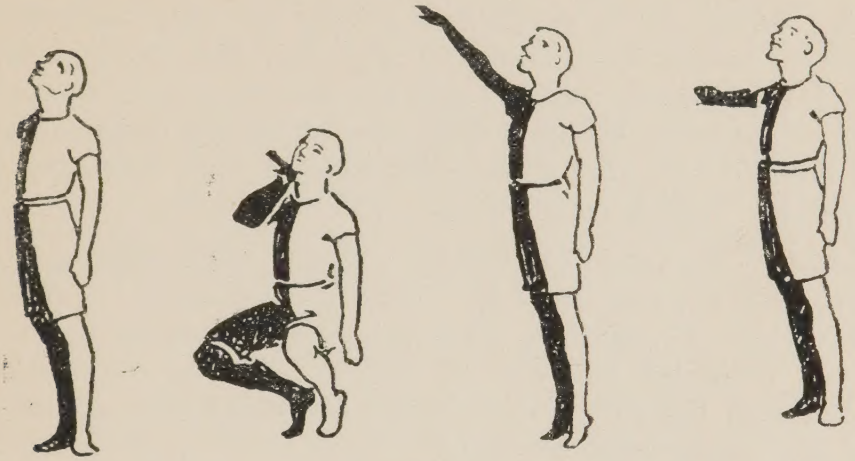


*These two Exercises are undoubtedly among the best for curing and preventing Constipation. There are others—such as special abdominal massage, spinal treatment (which can be carried out by the person for himself), and so on. But I do not cite them here, partly because there is no space, partly because two Exercises are quite enough—if done thoroughly, leisurely, and with concentration on the muscles and on the good that the movements are doing—to last the reader for a first instalment.*

*These two Exercises have many other excellent results besides this special one. They help the balance, the proper development of the legs, the digestion, the breathing, and so forth. But it is especially as useful in removing a great body-poisoning and energy-paralysing scourge that I recommend them here and now.*

*Another very good Exercise is crouching or squatting. Among Hindu women, who are particularly healthy and have capital figures without corsets, for almost every ailment there are physical exercises which act as a preventive and cure; their squatting exercises are exceptionally interesting. Compared with these, the ordinary physical culture with its gripping exercises and developers is very unscientific. The crouching*

*movements must be done carefully and under supervision so as not to strain the muscles. One should learn to squat a little more thoroughly and a little more easily every week with*



*constant practice. Take care to keep the body upright, the small of the back hollow, and the chin in, and the shoulders back and down. It is a very good plan to squat and rise a few times every morning before and after the morning wash.*

The Exercise of "Putting the Weight." From "A Boy's Control and Self-Expression": "Healthward Ho!" Library.

*Then there are the various well-known movements in which one swings, and twists, and bends the trunk. The easiest movements have the hands on the hips or by the sides. Some of the more advanced movements have the hands above the head. These trunk-movements belong to most systems of physical culture—the Swedish, the German, etc.; though there is no particular reason why one feature of them should be observed, namely, the ugly habit of putting the heels together. The Exercises are just as effective and far more natural when the feet are kept slightly apart.*

*Rather a good cure in certain cases of Constipation is an imitation of the movement of "Putting the Weight." This is shown in the illustration. It is one of the favourite Exercises in our Physical School. It should often be practised, of course, with the sides reversed, the left hand and arm being used alternately with the right.*

*Another Exercise that helps (though it sounds as if it might be of no use at all) is the practice of muscular relaxing. This can hardly be taught on paper; it is difficult enough to teach personally, as we have tried to teach it in our Physical School. It is invaluable in those cases where the Constipation is accompanied by stiffness and tension of the muscles and also by mental worry.*

**General Exercises.**

Among the best general practices for the cure of Constipation, in the way of exercise, are panting, "muscular" breathing, leg exercises (as one lies on the floor or on the inclined plank), romping, skipping, riding, games, squatting, and leap-frog!

**Deep and Full Breathing.**

*Deep and full Breathing* is undoubtedly the most generally healthy exercise in the world, and the most natural, and, eventually, the most effective cure of Constipation. It is not so much the outward expansion of the chest that helps, since it has little effect of this sort; but rather the downward movement of the diaphragm by which it presses upon the stomach and liver, so that they, in their turn, press on and massage the colon; the diaphragm also wakes up the solar plexus, the centre of the nervous system which regulates the excretion. The art of

deep and full Breathing cannot be explained in a leaflet of this sort ; it is much the best plan to have a few individual lessons, so that the common mistakes may be remedied, and *the right method learnt and turned into a subconscious habit.* Here we need only note that deep Breathing is an absolutely different thing from mere Chest-Expansion.

**The Position of the Body.**

*The proper position of the body is of enormous importance. Special Exercises help in this direction.* A great deal of Constipation and other trouble, especially with women, is caused by the sagging down of the organs, as shown in the diagram on p. 4.

Here is a good Exercise to remedy the trouble.

**Exercise to Remedy Wrong Position.**

Stand with the legs comfortably apart ; quietly and without strain bend the body back from the waist ; bend back not only the body but also the head and neck, till you are looking upwards. You will feel that the organs in the front of the body are drawn up higher. Keep them thus drawn up for a moment or two. Now, still keeping them up, come forward with your body till you are in the upright position. You will then find that your organs are higher than before, and in a more normal position. This exercise you can practise in private a good many times throughout the day, and, in particular, when you first get up and just before you go to bed.

The special Chair-rest will help to keep the body in a better position while you are sitting.

**Relaxing and Muscular Repose.**

Then there is *the cure of Tension by means of Exercises in Muscular Relaxing.* One should learn to relax the muscles of the face and hands, as well as to remove unnecessary strain and stress from the rest of the body. Here, again, one or two individual lessons are of far more value than many instructions on paper. The following Exercise is quoted from my Magazine, " Healthward Ho ! "

*It is hard to relax. The very state of tension and irritability makes us reluctant to give up time, leisurely, to the practice of quiet ease. Even when we stop, it is not a placid stop.*

*It is a jerk—we drag or hold ourselves back, as a strong man checks a runaway horse.*

*But cease—that is a better word than "stop"—and, keeping your lips gently closed (not your teeth clenched), breathe deeply and fully in through your nostrils—hold the breath a moment or two—then let it ooze out slowly, as an india-rubber bladder empties itself of air.*

*And, as you let it ooze out slowly—please read these words slowly, too!—let the muscles of your hands grow limp and dead; let your fingers and hands and arms hang down heavy by your side, like bits of sodden cotton-wool at the end of a piece of string! Do not "hurry up." Stay there, relaxed, like a drooping plant. And—for you are in private now, and need not shrink from behaving sensibly—smile. Let your eye-muscles relax.*

*Every time you exhale, exhale not only the carbonic acid gas and other poisons, but also all ideas of worry, all anxiety, all fear, all hurry, all ill-nature, all resentment, all ugliness, all effort and striving, all doubt. Sink down, and call up in your memory and imagination things sweet and restful—for instance, the delicious moment that comes after the relief of toothache.*

Then there is Self-Massage. The kind which I have generally found effective is quoted here from the instructions which I give to many of my individual Health Pupils :—

*As you lie on your back in bed, in the morning, raise your knees slightly, and then, keeping your muscles as limp as possible, massage round your navel, up the right side and down the left, in increasingly large circles. Then massage from above the right leg to well under the right ribs, thence under the ribs and across to well under the left ribs, and down to above the left leg. Continue this for 3 to 5 minutes daily. The movement should be of a spiral kind.*

Dr. Sherman Bigg gives the following instructions, when the massage is to be done for a woman by another* :—

*The masseuse, without exposing more of the body than is necessary, runs her hands over the abdomen lightly with*

* We have an Expert Masseur at the Physical School in Chandos Street, W.C.

*effleurage movements, gradually increasing in force and firmness, to note any irregularities or spots of tenderness, and to make sure the ovaries are not congested or inflamed. She then maps out the stomach and endeavours to empty it of its contents by deep, firm, and partially rotatory movements, commencing on the left side just below the ribs on a line with the nipple of the breast, and extending downwards and obliquely to the right, taking care to avoid the employment of too much force, especially if the stomach is distended or dilated. She then assists the onward progress of the contents of the bowels by a series of kneading rotatory pétrissage movements, following from right to left the course of the ascending, transverse, and descending portions of the colon. She applies circular and rotatory friction movements, pivoting round the navel, to the other parts of the abdomen except over forbidden areas, carries her hands, from either side of the small of the back, across in front, lifting and squeezing the bowels, compresses, palpates, kneads, and vibrates the liver, and with the repetition of the effleurage movements completes abdominal massage.*

**Spinal Massage.**

Another kind of massage is spinal massage, which can be practised with the hands, that can rub or tap the spine, or with a flesh-brush, or an ordinary soft brush. It is chiefly the lower third of the spine that needs to be treated. The treatment should be gentle, because one is dealing with important nerves here. Perhaps the best times for the practice are first thing in the morning and again after the morning wash, and once again at bed-time.

Here also Dr. Sherman Bigg offers useful advice when the massage is to be done by another :—

*The movements for the massage of the back require to be executed with more force than those for the abdomen. One finger is drawn down from the nape of the neck to the end of the spinal column, with moderate pressure over each bony prominence or vertebra, to make sure the bones of the spine are free from tenderness and not diseased. The masseuse*

*then with effleurage movements prepares the back for the stronger and deeper manipulations of pétrissage, which, commencing from below, are carried upwards to the neck, kneading the muscles piecemeal between the thumb and fingers, and then downwards in a reverse manner. In the upward movement the fingers are the fixed point, and the thumbs work to them, but in the downward movement the reverse is done, and the thumb becomes the fixed point towards which the fingers knead the muscles. Then the hands, with the backs of the fingers curved to form an arc, are carried with strong, firm pressure upwards along either side of the spine to the nape of the neck, and then reversed so that the palms of the fingers are in contact with the skin and brought down to the starting-point. After the repetition of these manipulations a dozen or more times, the masseuse with bare forearms laid across the back executes a series of saw-like movements from below as high as the shoulder-blades, and subsequently subjects the back, except over the bones, to tapotement and a series of vibratory movements till the skin is reddened and a comfortable glow of warmth is experienced.*

With regard to the cure of excessive dryness, this can be partly by water, partly by oil, according to the individual cause. The water should be soft, whether it be rain-water, or distilled water, or the juices of fruits, vegetables, etc.

**Liquefaction and Lubrication.**

The best time for water is directly you wake, and last thing at night. Probably the best time for oil (pure Nut Oil* being a capital form of it) is to take a teaspoonful or more after at least one of the daily meals.

Liquid in any form can also be introduced by means of the enema†, by which one can inject either water mixed with a pure soap and of a hot or warm temperature, according as the individual prefers, or else oil or glycerine; in that case, of course, the smaller-sized enema is needed. A glycerine suppository may be most convenient.

**Enemas.**

* This can be obtained direct from Eustace Miles Proteid Foods, Ltd.

† Different ways of using the Enema suit different people.

Sheer bulk of food, and especially of fibre or cellulose, is a very easy cure ; but we must take care that there is no irritation, as when coarse wholemeal bread is taken, and that fermentation is not set up, as it often is when ordinary porridge is eaten. We must get the best fibre, such as we can obtain from apples, etc.

**Cure by Bulk of Food not to be relied on.**

*But, whatever cure be tried, it is essential to avoid materials that clog the body. These will be different, according to the individual and his or her peculiarities.* I have mentioned some of those that I myself find to be clogging : in particular strong cocoa or chocolate, and the flesh-foods. Before I gave up the use of flesh-foods, some eighteen years ago, I was regularly constipated. Since that time I have been practically free from Constipation, except very rarely after a long journey, or in the first day or two of a voyage.

**Avoidance of Clogging Elements.**

I may mention here that, besides clogging materials, which may include such starchy foods as rice pudding, arrowroot, and the astringent fruits (like black currants and blackberries), and milk, and, in some cases, cheese, we must take into account what may be called *Clogging Conditions and Environment.* The air in certain places has a constipating effect. For example, many people find this at Brighton ; and, of course, in places where the accommodation is inadequate or badly arranged, there is the same tendency ; but such conditions we cannot always avoid. It is best to have the cure within ourselves.

**Avoidance of "Clogging" Conditions and Environment.**

It is important to get the right elements in our food supply. We cannot say beforehand what these elements are for any given person ; it would require an analysis such as I have recently had made for some of my Health Pupils by a leading expert. This analysis will show what is not being digested, what is deficient, and what is excessive.

**Value of Individual Analysis.**

*We may divide the remedies into several classes, such as Herbal, Vegetable, Salad, Fruit, and Cereal.*

**Natural Food Remedies.**

Among the Herbal may be Dandelion Tea, Senna Tea, etc.

Among the Vegetable, Spinach, Cabbage, and such-like green food.

Among the Salads, Watercress.

Among the Fruits, besides oily Nuts in certain cases (the dry nuts, like Cocoanut, may prove constipating), Apples, Plums and Prunes, Figs, Dates, Raisins, Grapes, Oranges, Bananas, etc., according to the individual.

As to the Cereal remedies, among the best are finely-ground Wholemeal (good Standard Flour is better than white flour), Maize (though this may be rather too irritating), and well-cooked Frumenties, finely-ground Wholemeal Biscuits, etc.

In my Magazine, "Healthward Ho!" I publish, from time to time, recipes for the cure of Constipation. These Recipes have been selected out of a large variety that I might have cited; but I think they will include most of the best ones that I have. I quote from the article that appeared in this Paper in 1911, the recipes being by "Chef, M.C.A."

*It is extraordinary how different are the foods that act as aperients in different cases. There is one family in which bananas serve as an aperient for the father, but are constipating for the daughter.*

*Of fruits, the best laxative for the individual may be prunes or figs or apples or dates or grapes or oranges.*

*Of vegetables and saladings, the best may be spinach or cabbage or watercress or dandelion.*

*Of cereals, wheat or barley.*

*Of other "foods," oil or water or curdled milk.*

*So the following Recipes will not suit everyone.*

*We select here, out of a very large variety for choice, a Soup, a Salad, Stewed Vegetables, Conservatively Cooked Baked Fruit, Stewed Fruit, a Fruit Tea, a Pudding, a Cake, and Biscuits.*

## (1) LENTIL AND ONION SOUP

*Ingredients :—1 lb. of Egyptian Lentils ; 1 lb. of Onions or Leeks ; 2 quarts of Milk and Water ; Pepper and Salt to taste ; 2 oz. of Vegetable Butter ; 1 oz. of Butter.*

*Recipe :—Melt the Vegetable Butter in a large stew-pan, and fry to a golden brown the onions or leeks, cut up ; add to them the milk and water, lentils, and seasoning, and simmer gently for two or three hours. Pass through a fine sieve, and serve with a piece of butter in the bottom of the soup-tureen, with fried Croûtons.*

*To the above soup may be added diced celery, sea-kale, and tomatoes ; and th ‹soup may then be eaten as a stew.*

## (2) CELERY, LETTUCE, AND BRAZIL SALAD

*Taking the same weight of each, cut the celery into two-inch lengths ; pull the lettuce to pieces ; cut the Brazil Nuts into thin slices. Arrange all in a salad bowl, and dress with plenty of refined Oil (Nut or Olive Oil) and lemon juice, or make a Mayonnaise Dressing. Garnish with slices of Brazil Nuts and Beetroot.*

## (3) STEWED CELERY OR CHICORY OR SEA-KALE

*Place any of the above vegetables, washed and cleaned, and cut into two-inch lengths in the inner pan of the E.M. Double Pan Cooker. Add 1 gill of water, 2 oz. of butter, 1 small shalot, minced, and pepper and salt to taste.*

*Simmer and stir occasionally, until tender—about 2 hours. Then drain off.*

*Melt 1 oz. of butter in a small saucepan, and work 1 oz. of flour to a smooth paste. Add the vegetable juices and stir until quite smooth. Pour this sauce over the vegetables, and serve.*

## (4) APPLE AND RAISIN TEA, PRUNE TEA, FIG TEA

*Soak the Prunes, Figs, or Raisins (about ½ lb. of either fruit) for twelve hours, then place them in a jar with water about two inches above the fruit, with the rind of one lemon and the*

*juice of two, and as small a quantity of sugar as possible. Simmer about six hours in a slow oven. Drain off, and pass through a muslin bag.*

*When one uses apples, it is far better to use as much of the peel as possible, and simmer and flavour as above, but not to soak. Use equal quantities of apples and raisins for Apple and Raisin Tea. These drinks can be taken warm.*

*In selecting Prunes and Figs, pick out the small fruit. The Raisins should be Valencias. Tart Apples are best—Normandy Pippins for preference.*

## (5) STEWED PRUNES, FIGS, OR CURRANTS

*Place 1 lb. of the dried fruit in soak for twelve hours ; have ready an earthenware jar, put the fruit in and cover with water (about an inch above the top of the fruit). Add as little sugar as possible, a little lemon peel, and one bay-leaf. Cook in a slow oven until tender, and eat warm (for preference).*

## (6) BAKED APPLES OR APPLE DUMPLINGS

*Take the core out of the apples (tart apples should be used —Normandy Pippins for preference), fill the centres with brown sugar, a small piece of butter, and one clove, and bake on a greased tin until soft. These should be eaten hot. For Dumplings, cover with a short (fin wholemeal) crust, and bake.*

## (7) APPLE MACAROON

*Make a purée of apples—proceed as for baked apples, and pass through a sieve. Have ready some plain Dariol Moulds lined with short pastry, and nearly fill with the apple purée, and cover with the following mixture :* 4 *oz. of ground Almonds ;* 1 *oz. of ground Rice ;* 4 *oz. of Castor Sugar. Mix into a paste —not too stiff—with the white of an Egg and a few drops of Almond Essence. Bake in a moderate oven until brown.*

## (8) FIG (OR CURRANT) WHOLEMEAL BISCUITS

*Ingredients :—*1¼ *lbs. of Reynolds' or other finely-ground Wholemeal ;* ¼ *lb. of "Emprote" ;* ¼ *lb. of Butter ;* 4 *Eggs ; a pinch of Sugar and Salt.*

*Method :—Mix the wholemeal, sugar and salt, butter, and "Emprote" together ; make a bay, and crack the four eggs into it, with* 1 *gill of milk. Make into a stiff paste, and roll out to a quarter of an inch thick ; cut out with a fluted cutter, and bake on a greased tin plate in a moderate oven until nicely browned.*

## (9) STEWED ENGLISH RHUBARB

*Wash and cut up Rhubarb into two-inch lengths ; add as little sugar as possible, with just sufficient water to cover the bottom of a pie-dish. Cover over with greased paper and cook in a slow oven until tender.*

## (10) BRUSSELS SPROUTS, SORREL, OR SPINACH, COOKED CONSERVATIVELY

*Wash, clean, and pick* 1 *lb. of either of these vegetables, and put in the inner pan of the E.M. Double Pan Cooker, with* 1 *gill of Water (or no water at all, if preferred),* 1 *oz. of Butter, a pinch of Nutmeg, Pepper and Salt if desired, and* 1 *tablespoonful of Cream.*

*Have the water in the outer pan and in the rim boiling. Simmer the contents (with the lid on) till tender, taking off the lid occasionally in order to stir.*

*Drain, and make a sauce of the juices. Chop the vegetables very fine, and serve with the sauce poured over it.*

## (11) STEWED RHUBARB, OR RHUBARB FOOL

Stewed Rhubarb.

*Wash and cut up Rhubarb into two-inch lengths. Add as little sugar as possible, and just enough water to cover the*

*bottom of a pie-dish. Cover over with greased paper, and cook in a slow oven until tender.*

Rhubarb Fool.

*Proceed as above, then pass all through a fine sieve, and add one-third the quantity of Whipped Cream. Serve in custard glasses.*

*For* Gooseberry Fool *proceed as for Rhubarb Fool.*

## (12) WHOLEMEAL CURRANT PUDDING

(NOURISHING)

*Mix together* 1 *lb. of Wholemeal,* 1 *lb. of Eustace Miles Proteid Food ("Emprote"),* 1 *lb. of Currants,* ¼ *lb. of Butter, a pinch of Salt and Sugar,* 1 *tablespoonful or less of Baking Powder.*

*Make a bay ; crack* 2 *Eggs, and add* ¼ *pint of Milk. Mix all thoroughly together, and steam in a Buttered Mould for* 2 *hours.*

*Serve with Fruit Sauce.*

## (13) FIG WHOLEMEAL CAKE

(NOURISHING)

*Cream up* ¼ *lb. of Butter with* ½ *lb. of Castor Sugar. Add slowly* 3 *Eggs and the juice of* 2 *Lemons. Mix together* ¾ *lb. of Flour,* ¼ *lb. of Eustace Miles Proteid Food ("Emprote"),* ½ *tablespoonful of Baking Powder, and a pinch of Nutmeg. Sift and stir lightly into the creamed butter and sugar and eggs, and, lastly, stir in the Fruit, cut up small.* (6oz - mixed figs)

*Bake in a buttered cake-tin in a fairly hot oven. When done, turn out upon a sieve to cool.*

## (14) CRACKED WHOLE WHEAT PORRIDGE

*Take* ½ *lb. of Cracked Whole Wheat, soak in water for* 48 *hours, and drain.*

*Put this into the inside pan of the E.M. Double Pan Cooker, with* 1 *pint of Milk and* 2 *oz. of the Eustace Miles Proteid*

*Food ("Emprote"), a pinch of Nutmeg, and Salt if desired. Simmer until tender (about 1 hour), and serve as a Porridge, with purest Maple Syrup.*

**Food-Bases.**

It is necessary to know what food-bases can be most safely used to build and repair the body, and to give tone to the nerves. Here again individuals differ most widely.

**Proteid Food.**

The best food-basis that I know of is "Emprote." It can be prepared in hundreds of ways, and though, perhaps, in one case out of a hundred, it has been said to be constipating, the fact is that it is not irritating, and that the temporary constipation was due, not to the taking of "Emprote," but to the giving up of the old irritants which had moved the bowels.

It is hard to suggest any other food-basis likely to be satisfactory in most cases. Meat is out of the question; cheese and eggs are both apt to have a constipating effect; this is a very common experience. Nuts, though they may act as an aperient by setting up irritation and fermentation, and though Brazil Nuts may be effective because of their oil, yet in some cases are very clogging.

As to the Pulse-Foods (peas and beans and lentils), they also have a constipating effect. At first, however, whatever the food-basis, there may be need of some of the above-mentioned aperient foods, such as spinach,* to counteract the clogging tendency.

**Water-treatments.**

There are many water-treatments which may prove just as effective as the aperient foods. Among these, besides the enema, there is the rising douche, the steam application over the region of the bowels, and the hip bath with friction. This can be taken either in the morning, or else before the evening meal. Here is a description of it from the advice which I give to some of my individual Health Pupils:—

*Sit in water* of 84° to 68° *Fahr., up to the navel and thighs Cover up your legs and feet and shoulders well.*

* We supply a special dried spinach.

*Rub briskly round the abdomen, up the right side and down the left, with a rough cloth or towel.*

*After the bath, dry well, and exercise in order to get warm, and rub a little pure oil into the skin.*

Then there is the waist-pack :—

**The Abdominal Pack.**

Moisten a piece of flannel or linen well in water of any temperature (as preferred), then wring it out (not thoroughly), and put it over the abdomen, covering it with two folds of dry flannel. Tie this (not too tightly) round. When you wake, remove both, rub the abdomen well with a towel, wrap up the abdomen with some other flannel, and get into bed again.

**The Mental Method : Self-suggestion.**

Best, because cheapest and simplest, and most within one's power on all occasions, is the mental method, and, especially, Self-suggestion. This I have described in my Magazine, "Healthward Ho!"; and I have found it singularly effective with my Health Pupils. The cure is sometimes almost immediate—that is to say, on the day following the Self-suggestion. Sometimes it takes three days. In one case it took three months. But it has regularly proved a permanent cure.

There are several forms of Self-suggestion, the choice of which, again, depends on the individual nature. I will cite two of the kinds, though each individual should word the phrase in his own way. The best time for the practice is just as one falls off to sleep at night; then the words should be spoken in a tone of confidence, and as a matter of course—in the same spirit in which one gives an order to a servant, or posts a letter knowing that it will arrive at its destination.

(1) "To-morrow at a certain hour (here name the exact time) my bowels will open satisfactorily."

(2) "To-morrow you will see to it that the bowels open satisfactorily."

**Assertion or Command.**

The first words are in the form of an assertion.

The second words are in the form of a command to the subconscious mind, or what may be called the Manager of the body. There is within us a power which arouses a special saliva when we take certain foods, sends special juices in the stomach, makes us blush, and so forth—which, in fact, regulates all the things that we do not know how to work for ourselves. This Business-Manager is inclined to carry out whatever is ordered by you in the right way. The Business-Manager does not reason and does not question, but goes along in a customary way until you give definite orders. Every such definite and confident order tends to change the direction of the Business-Manager, or the subconscious mind.

**The Manager of the Body.**

This practice suggests another important help to the cure of Constipation—namely, Regularity. The stupid "proprieties" and conventions of what is called civilised society have done much to cause Constipation. When there is a call, the call should be paid immediately ; delay may bring on Constipation. There should be no more shame about paying a visit than there is about washing the face and hands when they are dirty. We need to have these natural acts put on their right footing, and treated, not as indecent, but as natural. Part of our religion should be that it is improper to be constipated.

**Regularity, especially of Occasion.**

But, when all is said and done, it is the individual treatment that is most effective—the treatment which suits the person. And without a thorough analysis, such as I have recently had made for many of my Health Pupils, by an Expert at this work, it is extremely hard to say what are the exact causes of the mischief. When once the analysis has been made, the cure becomes comparatively easy.

In conclusion, what advice will be most useful and valuable for the ordinary person ?

(1) Practise the above helps, or as many of them as you can manage.

**Conclusion.**

(2) Avoid unnecessary aperients. It may be best to give up drugs, etc., by slow degrees, not all at once, and to substitute for them apples, prunes, spinach, pure nut oil, etc.

(3) Be patient. A horse that has only run when spurred will not at once run naturally.

(4) Don't strain.

(5) Don't worry.

(6) Choose especially those simple yet nourishing foods which are least likely to do harm if they remain within you.

Meat and other flesh-foods are likely to putrefy within you. Many cereal foods are likely to ferment. Milk is likely to curdle.

**Free Advice.**

I shall be glad to send, free of charge, to any readers who write to me and enclose a stamped and addressed envelope, some of my favourite recipes for non-clogging, but nourishing and delicious foods, and also a leaflet on "How to Begin a Change of Diet Easily, Economically, and Successfully."

If you mention any particular ailments or troubles or difficulties, kindly address the envelope to me at 40 Chandos Street, Charing Cross, W.C., and mark it "Private and Personal."

**Leisurely Eating.**

Those who cannot or will not change their diet, even to the convenient and simple extent so clearly pointed out in this leaflet, had better be leisurely in their eating. They should attend more to the tastes of their foods, and masticate them more thoroughly, so as to break up the foods into minute particles, mingle these particles with the saliva, and thus not only help digestion and the health in general (since the saliva is a precious medicine), but also, in particular, prevent fermentation and putrefaction (since the saliva is an equally precious antiseptic).

One might advise the constipated who refuse to take any further trouble with themselves, either to choose foods wisely or else to chew them wisely.

# THE PLEASURE OF WORK AND OF EXERCISE

depends chiefly upon

## Your food and Drink
## Your Way of Breathing
## Your Way of Thinking
## and Your Physical Culture

*All these things you can easily regulate only you need personal advice to set you on the right lines. you should therefore write at once to*

EUSTACE MILES M.A.

*40 41 & 42 Chandos Street W.C.*

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WRITE TO MR. EUSTACE MILES FOR FREE BOOKLETS, AND MARK THE ENVELOPE "PERSONAL"

**MENTION YOUR AILMENTS AND DIFFICULTIES.**

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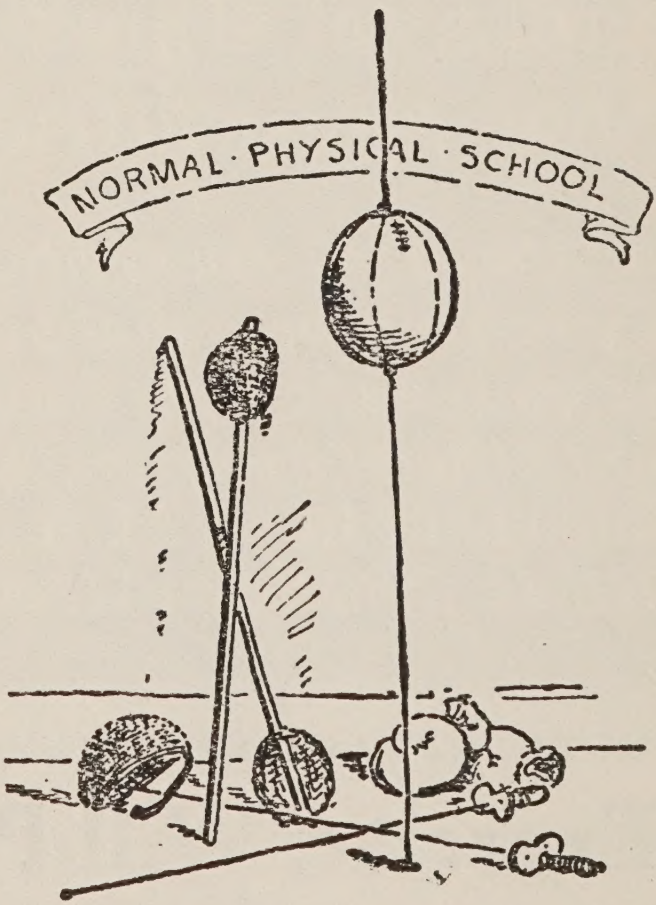


Private Lessons are now being booked in advance.

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Moderate Fees.

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Payments by Deposits can be arranged for, if more convenient to the Pupil.

Full Particulars can be had from

**The Secretary, Normal Physical School,**

**40 Chandos Street, Charing Cross, W.C.**

— The —

# Health Advice

— *THAT IS* —

## Personal and Individual

**A SAMPLE CASE**

**. IN OUTLINE .**

*By*

**EUSTACE MILES, M.A.**

**40, Chandos St., London, W.C.**

*MR. EUSTACE MILES has found that it is seldom satisfactory to give short Interviews, and that it takes an hour (more or less) to go into a case thoroughly. So, after June 1st, 1919, his charge will be:—*

**For a Personal Interview, 2 Guineas.**

The Charges for the various Correspondence Courses will not be raised.

In case a full Health Course is taken, in addition to the Personal Interview, the **additional** charges will be reduced, from 2 Guineas without, or 4 Guineas with, the Threefold Examination, as follows:—

**For a Personal Interview:**

*(a)* **With Full Health Course, 3½ Guineas.**

*(b)* **With Threefold Examination and Health Course, 5½ Guineas.**

The Charge **for the first Physical Lesson, in Deep and Full Breathing, and Position of the Body, is One Guinea.**

This Fee includes an explanatory talk by Mr. Eustace Miles.

40-42, Chandos Street,
Charing Cross, W.C. 2.

# How the EUSTACE

IN spite of many descriptions that I have given, there are still some people who do not quite understand what a "Health Course" means. They will find that an example will make the process clear.

Someone (whom we will call A) wishes to become a Health Pupil, and asks what are the best foods for some disorder or disorders ; let us say Indigestion, or Rheumatism, or Thinness, or "Nerves," or Sleeplessness. We may call the disorder x. I send a Question-Form, asking A to fill it in very fully indeed, particularly with regard to the foods and drinks on an average day ; and to add any Doctor's opinions as to his case.

I receive the Question-Form filled in, with the Fee.

I find, perhaps, that the Questions are not answered thoroughly, and I write a letter of enquiries with regard to the use of such items as sugar, salt, bread (and what kind of bread), chocolate, and water ; and as to the strength of the tea which is taken, and as to whether there is constipation.

Then, either there is a Threefold Examination (of blood, urine, and excreta), the Blood Examination always involving a fairly long Personal Interview and a Health Course by correspondence, or the Health Course may be by itself, or may have a Personal Interview in addition, this latter being always of great assistance, but sometimes—owing to distance, etc.—impossible. Many of my Health Pupils live abroad.

Let us suppose that there is an Interview together with a Blood Examination. A comes to my private Flat ; Mr. Collings makes a little prick in the finger —not a painful operation—and then examines the living blood for about 20 minutes ; and we both ask questions. (Mr. Collings is the greatest living Expert in this examination of the blood and other specimens, and in co-ordinating the various data.)

Then I give a little preliminary and easy advice in writing, and follow this, as soon as possible, with a full report as to the blood, and some further advice based on this report.

There may be revealed a deficiency of certain elements, such as organic (as distinct from inorganic and "hardening") calcium or lime; and it may be that there is at least one kind of anæmia, or Uric Acid or some other type of acidosis, or pressure. There may clearly have been, in the past, excess of certain elements—let us say tea or of sugary foods, or of butter, or of fruit.

I explain how to avoid the excesses in the future, and how to make the deficiencies good.

I also mention, in the report, how good (or poor) A's vitality is, and what tendencies are shown to such trouble as Eczema, Rheumatism, Varicose Veins, Tuberculosis, etc.; and whether irritation of the mucous membrane is indicated.

Then, perhaps, A sends me some enquiries by letter, and I answer these; for instance, A may ask why I say that hot water or vegetable-juices or green salad material should be part of the cure.

Then there follows the full Health Course, including not only the diet and drinks, but also individual Exercises and Mental Helps, and simple Water-treatments. The diet advice, of course, includes different Recipes, and different drinks, with the times for drinking. And there is also advice about mastication, and about breathing, etc.

There follows, after an interval, a report about the two other specimens, and further advice based on this report. There may be need for certain natural "Salts," such as Soda; there may have been excess of this or that food: there may be good or bad general digestion; there may be urgent need for more water, or more "hydrocarbons," etc.

Then there follows further advice which perhaps results in further enquiries from the Health Pupils; which enquiries I answer.

A wants to know why there is a feeling of slackness; and the answer may be that this is to be expected while the real cure is going on, and while, therefore, old stored waste-matter and toxins and drugs are being turned out of the tissues into the blood-stream on their way out of the body.

After some weeks I get a report, probably with further enquiries. It may be that the treatment has produced a slight tendency to constipation, which should easily be relieved by a little special advice. But after a time, when most of the old poisons are now turned out, there is great improvement in the health, and in the feeling of well-being.

By degrees the unfavourable symptoms disappear, and healthy flesh is put on, and the energy comes back, and at last the cure is complete; and the diet, not so strict as during the cure, but stricter than it used to be, feels now quite natural as well as pleasant.

Suppose that A decides not to have the Threefold Examination, but only to have the Correspondence Course, the advice being based on all the full data that I can gather. Then no examination of the specimens is made, but the advice is sent, specially adapted to the individual's idiosyncrasies and conditions, as far as it can be safely made out without the above valuable method of diagnosis.

The Recipes and Exercises sent by correspondence are quite clear, But, if A asks where a special diet can be obtained, without any change in household arrangements, he is referred to our Guest House at Carshalton. If he asks where the Cookery can be learnt, he is referred to our Cookery School in Chandos Street. If he asks where the Exercises and Self-Massage can be learnt, he is referred to our Physical School there.

Health Pupils are generally made so well that they become independent of me; but they are entitled to further advice on Health by Correspondence in the future, free of charge. I sometimes get interesting letters from those who took the Health Course as long as 12 years ago.

# SOME USEFUL FOODS

— FOR THOSE WHO SUFFER FROM —

# CONSTIPATION

Instead of Meat, which is often a constipating food, use as your body-building Basis and Staple either **"Emprote"** or **"Protonnic."**

Instead of strong Tea and strong Cocoa, which are generally constipating and non-nourishing drinks, use E.M. Proteid **"Cofficereal."**

Instead of irritating Drugs, coarse Wholemeal Breads, etc., use, as gentle aperients, **E.M. Pure Vegetable Juices** (made fresh to order only), **E.M. Nut Oil, E.M. Fine Wholemeal Biscuits, E.M. "Supporto," E.M. Proteid Nut and Fruit Fingers, Currant Fingers, Nut and Fruit Biscuits, etc.**

As a more effective aperient, use **E.M. Natural Laxative Biscuits.**

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— on application to —
EUSTACE MILES, 40 CHANDOS STREET, W.C.

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**If you mention any troubles, or ailments, or difficulties, mark the envelope PRIVATE AND PERSONAL.**